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# PAGODA RED

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## "ISHI SASHI" MARTIAL ARTS WEIGHT XIII

**\$2,880**

c. 1800 • Northern China, China • Limestone • Collection #BJD078

W: 17.0" D: 6.25" H: 9.0"

Used in intensive martial arts training, training weights such as this one made of limestone were shaped like ancient Chinese locks but were used much like modern dumbbells. Students would grip the handle and either swing the weight around or use them in flexing exercises. Created in the early 19th-century, the smooth handle indicates centuries of use.



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